

This year, give yourself the gift of Pranic Healing! Join us for a collection of Self Healing Yoga techniques and experiences called:

“The Journey of Breath” I

Vinyasas, Sthitis & Vayus

The Journey of Breath is born of an integration of Traditional Indian Yoga/Ayurveda Practices, as well as Traditional Chinese Medicine/Qigong practices. As opposed to the modern division of those who only do physical practices or meditative practices, these techniques revolve around Breath and Prana flow, the central axis and linking energy between body and mind. On *The Journey of Breath*, each individual develops a physical, breathing, and meditative practice suited to their unique constitution.

Topics covered in this session:

- Refined and Prana based *Sthiti & Vinyasa* Breathing Techniques
- Auditory, Visual & Kinesthetic tools to experience your Breath & Prana
- Accessing internal Prana flow through activation of the *Vayus*
- Self Awareness of personal health through *Breathwave Diagnostics*

Workshop details:

Date:	Saturday March 27th , 2021
Time	2:30 pm - 5:30 pm
Address:	708 Jefferson Blvd., Lafayette
Suggested donation:	\$80

What to bring:

- Any yoga mats, supports, and coverings as you might desire!
- A relatively “empty” stomach. Try to eat light or eat early!
- Come 30 minutes early for a cup of tea and greetings! (2:00 pm)

Health benefits:

- Digestive and Bowel Movement
- Improved Circulation
- Body Awareness
- Revitalized Endocrine System
- Improved Lung Capacity
- Mental Calm and/or Focus

Presented by Raymond Lucas

Trained in the Yogic Arts of Ashtanga & Viniyoga, Raymond has returned to the U.S. after 14 years in Asia. He provides Yoga Therapy through Prana activating Breathwork, as well as Yoga Training in all Limbs of Yoga. He has a background in Qigong, Massage, Athletics & Dance and is an avid Researcher of Ancient Philosophy, Mythology, Cosmology & Healing Traditions.

Please direct inquiries and reservations to Rayoga.Lucas@gmail.com or **Instagram: Journey_of_Breath**

RSVP by requesting and completing the Safety & Personalization Questionnaire. Due to limited spacing and preparation demands, there is a \$30 Cancellation Fee within the last 5 days before the workshop. The Cancellation Fee is \$60 in the last 24 hours.